

Directed Study in Teaching Technique

Yoga Spirit Academy

Updated May 1, 2017

Instructions: These resources are pre-approved for the Directed Study in Teaching Technique (no proposal form is required). This Directed Study explores the theory and practice of Pranayama (yogic breathing) OR Dhyana (meditation).

Choose one resource from the list below. (Students who wish to use a workshop or other resources not listed here should turn in a Directed Study proposal form.) After spending time interacting with the resource, write two scripts based on what was learned from the resource. The scripts should be suitable for use in a yoga or meditation class. Include the beginning and ending information, such as body positions suitable for practicing the exercise and how to transition out of the exercise at the end. Turn in the scripts to the Director and they will be evaluated by an instructor.

To submit: Please write in complete sentences in paragraph form. On the project include your name, the date of submission, the name of the project, and the resources used to complete the project. Submissions can be in print, recorded audio or video, or by e-mail as an RTF or PDF document.

Pranayama (yogic breathing)

Dahn Yoga Energy, *Dahn Yoga Energy Breathing* (CD)
Joseph Dillard, *Seven Octaves of Enlightenment*
Donna Farhi, *The Breathing Book*
Angela Farmer, *A Personal Journey: Breath* (CD)
Richard Freeman, *Yoga Breathing* (CD)
Robert L. Fried, *Breathe Well, Be Well*
B.K.S. Iyengar, *Light on Pranayama: The Yogic Art of Breathing*
Doug Keller, *Refining the Breath: Pranayama* (available from doyoga.com)
Vasant Lad, *Pranayama for Self-Healing* (DVD)
Swami Rama, *The Science of Breath*
Reginald Ray, *Your Breathing Body Volume 1* (CD)
Richard Rosen, *The Yoga of Breath*
Swami Saradananda, *The Power of Breath*
Max Strom, *A Life Worth Breathing*
Max Strom, *Learn to Breathe* (DVD)
Andrew Weil, *Breathing* (CD)

Dhyana (meditation)

Stephen Bodian, *Meditation for Dummies*

Joan Budilovsky and Eve Admason, *Complete Idiot's Guide to Meditation*

Alan Finger, *Yoga Zone – Meditation: Two Complete Sessions* (DVD)

James Finley, *Christian Meditation*

David Fontana, *Learn to Meditate*

Mike George, *Learn to Relax*

Cheri Huber, *The Secret is There Are No Secrets: An Introduction to Zen Meditation* (DVD)

Jon Kabat-Zinn, *Mindfulness for Beginners*

Hari Kaur Khalsa, *A Woman's Book of Meditation*

Sally Kempton, *Meditation for the Love of It: Enjoying Your Own Deepest Experience*

Jack Kornfield, *Meditation for Beginners* (book w/CD or DVD only)

Joel and Michelle Levey, *The Fine Arts of Relaxation, Concentration, and Meditation*

Patricia Monaghan and Eleanor G. Viereck, *Meditation: The Complete Guide*

Thich Nhat Hanh, *The Miracle of Mindfulness*

Maoshing Ni, *Qi Meditations: Guided Visualizations for Self-Healing* (CD)

Susan Piver, *Quiet Mind*

Layne Redmond, *Chakra Meditation* (book w/CD)

Lorin Rocche, *Meditation Made Easy*

Sharon Salzberg, *Real Happiness: The Power of Meditation: A 28-Day Program* (book w/CD)

Rolf Solvik, *Moving Inward: The Journey to Meditation*

Stephen Sturgess, *Yoga Meditation: The Supreme Guide to Self-Realization*